5 BREASTFEEDING FACT SHEET

COMMON PROBLEMS

Sore Nipples

Some nipple soreness during the first 2 weeks is common. If it lasts longer or is very painful, call your breastfeeding nurse or health care provider. Here are some tips to make you more comfortable:
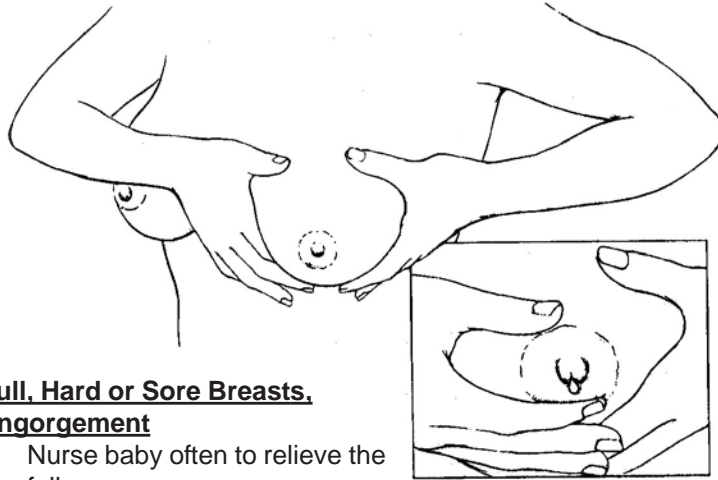
- Be sure baby is attaching correctly – your breast is centered in his mouth and he has as much of areola (area around nipple) in mouth as possible.
- Express a few drops of breastmilk and let it dry on nipples after nursing.
- Put lanolin cream on nipples after feeding. Do not use lanolin if you are allergic to wool.
- Use hydrogel dressing. This is available at medical supply stores.
- Let nipples air dry after each nursing.

Cracked Nipples

- Put pure lanolin cream or antibiotic ointment on nipples after feedings. Do not use lanolin if you are allergic to wool.
- Call your breastfeeding nurse or health care provider.

Full, Hard or Sore Breasts, Engorgement
- Nurse baby often to relieve the fullness.
- Before breastfeeding or pumping, put warm, moist cloths on your breasts or take a warm shower. Relax. Then gently massage the breast. Hand express or pump breasts to get some milk out. This makes the areola (area around nipple) softer, so baby can latch and nurse better.

Breast Infection
- Breast is red and sore. You may have chills, fever, feel tired and achy or feel nauseous.
- **Continue Nursing.** Nurse more frequently. This is important for your healing. The milk will not hurt your baby.
- Call your health care provider, you may need antibiotics.
- If breast is very sore, nurse on least sore side first.
- Make sure your positioning is correct.
- Place warm, moist cloths on your breast before nursing.
- Rest in bed for 1 day.
- Drink extra liquids.
- Take ibuprofen (Advil or Motrin) for pain or fever.

Painful Lumps in Breast, Plugged Duct
- Nurse more often.
- Put warm, moist cloths on the lump and gently massage the lump before and during nursing.
- Begin the nursing session with the breast that has the sore area.
- Use a different breastfeeding position.
- Make sure your bra is not too tight.
- Call your health care provider.